



*Invites State of Delaware employees ...*

# Join in September & pay no joiner fee!

- Fully-equipped fitness/wellness centers
- Unlimited Adult classes for every level & interest
- Youth fitness/wellness centers & programs
- "Smart Start" goal-setting session
- Fun nights & family swims & swimming lessons
- Preschool tumbling classes & youth sports at reduced rates
- Financial Assistance Available - ask us!

**FREE  
babysitting!**

## **A YMCA of Delaware member speaks ...**

*Western Family YMCA member, Robin Elton, 32, is a stay-at-home mom in Landenberg, PA., who's on a tight budget. She says she'd cut out her cable subscription before dropping her family Y membership. "I consider it to be an investment in our health," says Elton. "Going to the Y motivated me to quit smoking and continues to motivate me to watch my diet. The way I see it, this will save me boatloads of money later on doctor bills."*

## **Membership at all 7 Delaware Ys**

**Bear-Glasgow Family YMCA – Bear**  
302-836-YMCA

**Brandywine YMCA – Talleyville**  
302-478-YMCA

**Central YMCA – Downtown Wilmington**  
302-254-YMCA

**Central Delaware YMCA – Dover**  
302-346-YMCA

**Sussex Family YMCA – Rehoboth Beach**  
302-296-YMCA

**Walnut Street YMCA – Downtown Wilmington**  
302-472-YMCA

**Western Family YMCA – Kirkwood Hwy.**  
302-709-YMCA

**[www.ymcade.org](http://www.ymcade.org)**

